

The Daybook

“The point of a notebook is to jump-start the mind: ~John Dunne

What is a Daybook?

A notebook

A “junk drawer”

A record of your writing and thinking

What is *in* a Daybook?

Questions that YOU have that need to be answered

Fragments of writing

Leads (for a writing piece)

Titles

Ideas

Notes

Thoughts

Quotations

Song lyrics

Lists

Diagrams

Pictures

Observations

Handouts

Newspaper clippings

“*Breathing in* refers to the way the notebook serves as a container for selected insights, lines, images, ideas, dreams, and fragments gathered from the world around you...

Breathing out suggests that the notebook is a fine place from which to take what you have collected and use it to spark your own writing.”

-From *Breathing In, Breathing Out Keeping a Writer's Notebook* by Ralph Fletcher

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